

# Complementary Therapies

## Springhill Hospice

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[www.springhill.org.uk](http://www.springhill.org.uk)

**Complaints** – if you have a problem or complaint, this should be made in writing to the Chief Executive, Springhill Hospice, at the address above.

**Incorporated as a Company Limited by Guarantee**  
No 2325905  
Registered Charity No 701798



## INFORMATION ABOUT OTHER SUPPORT SERVICES

**Bury Cancer Support Centre** 0161 764 6609 | [www.burycancersupportcentre.com](http://www.burycancersupportcentre.com)  
**Oldham Cancer Support Centre** 0161 770 8751 | [www.oldhamcancersupportcentre.com](http://www.oldhamcancersupportcentre.com)  
**Maggie Centre Oldham Hospital** 0161 989 0550 | [www.maggiecentre.org/oldham](http://www.maggiecentre.org/oldham)  
*Please consult Patient Information Services at the Hospice for advice about translations and availability of leaflets in other languages. 0845 3702002*

# COMPLEMENTARY THERAPIES

At Springhill Hospice, we offer various complementary therapies. We believe that our therapies can create a therapeutic space and promote a sense of well-being for our patients.

Complementary therapies are not an alternative to conventional medicine. They cannot promise any cure or particular medical benefit; however, they may assist you with symptom control, such as nausea, pain relief, stress, anxiety, sleep difficulties, and quality of life issues.

Patients should inform their doctor if they are using complementary therapies for symptom relief and seek medical advice if any new symptoms arise or worsen.

## THE THERAPIES WE OFFER:

- Massage
  - Indian Head Massage
  - Full Body Massage
  - Hand and Foot Massage
  - Back, Neck and Shoulders
- Aromatherapy
- Reflexology
- HEARTS Process
- Reiki

### SESSIONS

Our professional Complementary Therapists work alongside the medical/nursing team to ensure that the therapies you receive are the most beneficial and appropriate for you. Sessions are typically 20 - 45 minutes. All treatments can be adapted to suit your needs and preferences.

### AVAILABILITY

Day Therapy patients are offered six sessions of therapy. The nursing team will identify and refer the patient to our complementary therapist if further sessions are required.

Patients on the Inpatient Unit are allocated on an individual basis following consultation.

Sessions for relatives, or loved ones are subject to availability.

# EXPLANATION OF OUR THERAPIES:

### MASSAGE

Massage in its various forms can be either a relaxing or stimulating treatment. It can help reduce tension, stress and anxiety, soothe muscular aches and pains, and aid sleeping. Our therapists can use either unscented or pre-blended oils, depending on your preference.

### INDIAN HEAD MASSAGE

Indian head massage is a technique that works on the face, neck, scalp, and shoulders. It can relieve any muscular tension and stiffness. Increasing blood flow to these areas can create a feeling of tranquillity and calmness. This treatment is performed whilst you are in a seated position, and you can remain fully clothed.

### AROMATHERAPY

Aromatherapy is the art of using essential oils to benefit your physical and emotional well-being. Each treatment starts with the personalised blending of the most suitable essential oils for your condition. A massage may apply your blend of essential oils to the skin. We can also provide aroma sticks of your blend for you to take away and use when required.

### REFLEXOLOGY

Reflexology is a holistic treatment that uses various pressure points that can positively affect your body and wellbeing. We generally work on your feet; however, hand reflexology is also available. This is a highly relaxing therapy.

### HEARTS

This gentle treatment is ideal for people wishing to achieve a state of complete relaxation. HEARTS stands for Hands-on, Empathy, Aromatherapy, Relaxation, Textures, and Sounds. During the treatment, you will remain fully clothed while our therapist gives a soft touch and guides you with a gentle voice to allow your body and mind to relax completely.

### REIKI

Reiki is gentle energy rebalancing therapy. It can help with symptoms such as pain, anxiety, and sleep issues, as it helps calm the body and mind. You will remain fully clothed and can lie down or be seated during the treatment. During the treatment, the therapist may place their hands on specific areas on your body or just above them.

